

Carlsbad Paradise Cafe' by the Sea

October 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU SUBJECT TO CHANGE RESERVATIONS (760)602-4655	Bingo Every Tuesday - 1:00 	Alternate Salads Every Wednesday 	1 Carne Asada Burritos Mexican Rice Refried Beans Shredded Lettuce, Diced Tomatoes, Sour Cream Salsa Orange	2 Chicken a l'Orange Rice Pilaf California Vegetables Spinach Salad with Mandarins Dinner Roll Ice Cream
5 Chicken Paprika with Cream Sauce Rice Green Beans Caesar Salad Canteloupe	6 Beef Stew Parsley Potatoes Carrots Mixed Green Salad with Beets Whole Wheat Bread Fruit	7 Sweet & Sour Pork Rice Stir Fried Vegetables Carrot Salad, Roll Fruit Fortune Cookie <u>ALTERNATE:</u> Spinach Salad with Bacon, Egg, Mandarins	8 Chicken Piccata Linguine, Zucchini Parmesan Spinach Salad with Mandarins, Garlic Bread & Pudding Free Movie 1:00-3:00 "My Fair Lady" in the Auditorium	9 Oktoberfest Celebration Sausage Sampler Plate Sauerkraut German Fried Potatoes Cucumber Salad Apple Strudel
12 Columbus Day Holiday - Closed 	13 Spaghetti & Meatballs Marinara Sauce Spinach Tossed Salad Garlic Bread Fruit	14 Go Hog Wild – Eat Ham Month Ham with Brandied Apricots, Scalloped Sweet Potatoes Fiesta Corn & Pudding <u>ALTERNATE:</u> Chicken Cobb Salad	15 Shepherd's Pie with Mashed Potato Topping Peas & Carrots Mixed Greens with Beet Salad Fruit	16 Turkey Enchiladas Cumin Rice Black Beans Lettuce, Tomato, Cheese and Sour Cream Orange
19 Chicken Cacciatore Bowtie Pasta Italian Vegetables Mixed Green Salad Garlic Bread Fresh Fruit	20 Sauerbraten Noodles Gravy Broccoli Marinated Beet Salad Roll Cake with Fruit	21 Baked Cod Lemon Caper Sauce Boiled Potatoes Tomato Gratin Spinach Dinner Roll Pumpkin Cheesecake Day <u>ALTERNATE:</u> Oriental Chicken Salad	22 Roast Chicken with Garlic Scalloped Potatoes Peas Carrot Salad Italian Bread Mandarin Oranges	23 Pizza Party Pepperoni Pizza Crudite & Dip Caesar Salad Fruit Chocolate Chip Cookie  HAPPY BIRTHDAY
26 World Pasta & Shrimp Day Shrimp Scampi with Linguini Salad California Blend Vegetables Fruit Salad	27 Santa Fe Meatloaf with Beef & Pork Gravy Mashed Potatoes Mixed Vegetables Whole Wheat Bread Brandied Fruit Day: Brandied Cherries with Ice Cream	28 Turkish Beef Kebabs Cucumber Yogurt Sauce Saffron Rice Zucchini with Tomatoes Greek Salad, Pita Bread Fruit <u>ALTERNATE:</u> Antipasto Salad	29 Halloween Party Pumpkin Soup Ham, Turkey & Cheese Coleslaw Tropical Fruit Salad Chocolate Cake KoKo Beach Prize Drawing	30 Frankenstein Friday National Chili Month Chili Dogs with Cheese & Onions Marinated Tomato & Cucumber Salad Potato Salad Hot Dog Roll Apples with Caramel Sauce

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Information – (760) 602-4650



The Carlsbad Senior Center serves nutritious “HOT” meals
Monday - Friday in our Dining Room.

The **suggested donation for seniors who are 60+ is \$3.50.**
A **\$5.00** lunch fee applies to non-seniors.

On every Wednesday we offer an alternate salad
so please specify in advance if you want the Entrée or Salad.

Advance reservations can be made in person or by calling (760) 602-4655.
Please tell us the day you’re attending lunch and leave your full name and phone number.

Cancellations can be made by calling (760) 602-4655.

Dining room seating is available at 11:00am and lunch is served at 12 Noon.
You may **forfeit** your lunch reservation if you do not check-in prior to 11:45am.

We also deliver meals to “homebound” seniors living in Carlsbad
Monday-Friday for a **suggested donation of \$4.00**

In addition, frozen meals are available for
the weekend and will be delivered on Fridays.

For information call (760) 602-4652.



Transportation to the Center for lunch and back home is
available Monday-Friday to Carlsbad seniors 60+ and unable to drive.

For transportation reservations call (760) 602-4650. Transportation for medical
appointments is provided Monday, Tuesday, Thursday and Friday.
Appointments must be made in advance.

Wednesday transportation is reserved for shopping at Stater Brothers or Trader Joe’s.
The first Thursday of the month transportation is provided to go to Wal-Mart

Special transportation option is available every Tuesday for lunch & Bingo
and the second Thursday of each month for lunch and our FREE monthly MOVIE.

This Program is supported by the City of Carlsbad and Older Americans Act Funds through San Diego
County Aging & Independence Services.

No eligible person will be denied a meal or transportation because of failure or inability to contribute.

OCTOBER SENIOR SPECIALS

10/8	1:00-3:00	Free Movie: “My Fair Lady”
10/9	11:45-12:45	Oktoberfest with Juergen Rosenfeld
10/14	6:30-8:30p	Second Adulthood: Your Life Post-Career
10/19	11:00-12:00	Dusti & the Groovin’ Grannies
10/22	10:30-11:30	HICAP Medicare Counseling Seminar
10/29	2:00-4:00	Medicare Drug Comparison Computer Lab

See Newsletter for further details

*** Creating Community through People, Parks and Programs**